



SHP-PEP! Early Intervention for CSUN Freshman

Many students cite the same excuses to avoid entering a medical or health professions education program: the programs take too long to complete; I'm not smart enough; or I do not know where to begin! Eighty percent of students entering college with a medical or health professional career goal will generally drop out of the health professions pathway during their freshmen year due to misinformation or a lack of motivation.

Healthcare is one of the fastest growing industries in America. If you ever had any interest in healthcare, but changed your mind, reconsider this invaluable opportunity by looking into the Student Health Professional Pre-Entry Program (SHP-PEP) at California State University, Northridge (CSUN). The program has demonstrated success in acclimating disadvantaged pre-health professional students to meet the challenges of college life. Students in SHP-PEP Week receive free room and a \$150 stipend upon completing the summer program.

Through early intervention, SHP-PEP encourages pre-health professional students towards pursuing their dreams in health careers by providing:

- ☞ **Career awareness** on their desired health profession.
- ☞ **College survival skills** to prepare for rigorous college life and its curriculums.
- ☞ **Mentoring, motivation and counseling** to provide support, guidance and assistance needed to face the challenges that come with being a pre-health professional student and help them figure out who they are and what they are capable of achieving.
- ☞ **School choice opportunities** to help increase their chance of getting into the health professions school of their choice and meet specific program training requirements.
- ☞ **Networking opportunities** with other students who share similar goals, interests or insecurities.
- ☞ **Facilitated study sessions, workshops and other classes** to learn test taking tips, secure financial aid, manage stress, and maximize academic success.



SHP-PEP CLASS 2006

SHP-PEP students will visit hospitals and intensive care units, see patients, and chat with doctors to discover what life is really like as a health professional. You will not see Dr. 90210 here! This will be the first year SHP-PEP students will have the opportunity to work with math and chemistry specialists. The student will receive direct exposure to health facility environments, along with learning early how to map out training curriculums for their desired career goals, help students eliminate misconceptions concerning the length of time and difficulty of becoming a health professional.

For eligibility and application process, contact Frankie Augustin, Director, at (818) 677-4558, or by e-mail at: Frankie.Augustin@csun.edu

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UCLA Enhances Ability To Enter Medical And Dental Schools

Let's face it – it is tough getting into medical and dental schools. Students must excel in math and science, obtain a bachelor's degree, and be motivated to attend even more school! But, don't fret. The David Geffen School of Medicine at the University of California, Los Angeles (UCLA) developed a program to encourage and prepare students for the long journey ahead: **UCLA PREP**.

Established in 1982 by Patricia Pratt, UCLA PREP reaches out to students from disadvantaged backgrounds. The seven-week program enhances their chances to be accepted by medical and dental schools, and achieve continued success. Participants gain knowledge and academic preparation for the sciences, clinical exposure, and mentoring by UCLA alumni and current medical and dental students.

UCLA PREP Perks . . .

- ✓ Charges no tuition (participants are responsible for housing, transportation and living expenses).
- ✓ Workshops include biology, chemistry, physics, real issues in modern medicine utilizing the entire healthcare team, reading, writing, critical thinking, study skills, time management, financial planning, interviewing skills, networking, and application procedures and strategies.
- ✓ Participants observe practicing dentists, physicians and medical researchers in clinical settings; thus, they can discover their true interests while interacting and creating mentorship with health professionals and UCLA students.
- ✓ Participants may be eligible for stipends when relocating for program participation, if funds are available.



UCLA PREP Successful Outcomes . . .

Statistics show that UCLA PREP is helping disadvantaged students achieve success:

- ✓ 90% of UCLA PREP alumni have been accepted into health professions programs.
- ✓ 65% of participants are the first in their families to achieve a college education.
- ✓ 41% of participants have identified themselves as Mexican American and 30% as African American.
- ✓ Mean grade point averages have greatly increased.

UCLA PREP STUDENTS

The mentoring doctors, workshop leaders, and participants all benefit from UCLA PREP. The most important program benefit, according to Elizabeth Guerrero-Yzquierdo, Program Director, is that, "After students participate in UCLA PREP, they have a greater sense of pride in themselves and a stronger belief in their ability to accomplish great things."

For more information on UCLA PREP eligibility and application process, contact (310) 825-3575 or visit:

www.medstudent.ucla.edu/offices/aeo/pdf/prep_brochure_m.pdf, or
www.medstudent.ucla.edu/prospective/premedical/?pgID=181

Allied Health: Patients Need Other Health Professionals Too

You may be surprised to know that you can earn considerable money working in healthcare without going to medical school. Many jobs in healthcare do not require a doctoral degree – actually, most allied health occupations do not. Since the healthcare field is so broad, there may be a job perfectly suited for just about everyone. Here are three occupational fields growing faster than average according to the United States Department of Labor, Bureau of Labor Statistics:

Diagnostic Medical

Sonographers aid in diagnosing patients using X-ray and other imaging methods such as magnetic resonance imaging (MRI) and ultrasound. They work directly with patients by helping to prepare them for imaging.

These workers can specialize in a number of areas, such as female reproductive systems, the abdomen, or the nervous system. If you have ever seen pictures of a baby while it is in the womb, then you have seen the work of a sonographer. Sonographers may train in hospitals, vocational-technical institutions, colleges and universities, and the U.S. Armed Forces.

Earnings: As of May 2004, sonographers reportedly earned between \$38,000 and \$72,000 annually.

For more information about this occupation, visit: www.bls.gov/oco/ocos273.htm

Cardiovascular Technologists and Technicians assist physicians in diagnosing and treating heart and blood vessel conditions. They monitor a patient's heart and blood pressure during surgery, administer certain types of anesthesia, and run various tests. These workers perform EKGs, treadmill stress tests, and ultrasounds on patients. Generally, most workers receive training in 2- to 4-year programs and can also train on the job.

Earnings: As of May 2004, cardiovascular techs reportedly earned between \$22,000 and \$59,000 annually.

For more information about this occupation, visit: www.bls.gov/oco/ocos100.htm

Radiological Technologists and Technicians take X-rays and administer non-radioactive materials into patient's bloodstreams to help physicians, dentists, and other health practitioners diagnose and treat patients accurately. They can train for this profession in hospitals, colleges and universities, vocational-technical institutions, and the U.S. Armed Forces. Hospitals, which employ most of these workers, prefer to hire those with formal training.

Earnings: As of May 2004, radiological techs reportedly earned between \$30,000 and \$60,000 annually.

For more information about this occupation, visit: www.bls.gov/oco/ocos105.htm



Community College Students Reach For The Stars

The University of California, San Diego (UCSD) School of Medicine sponsors the UniversityLink Medical Science Program (ULMSP). ULMSP is an academic enrichment program for community college students planning to transfer to four-year universities and pursue health careers. Students represent educationally, economically, or socially disadvantaged backgrounds. They are interested in becoming physicians, dentists, nurses, pharmacists, veterinarians, biomedical research scientists or other health science professionals.

ULMSP Program Design

ULMSP is four-weeks long and features intense workshops. Program support continues with yearlong advising, study skills and research methodology courses, and long-term mentoring. After completing ULMSP successfully, participants will apply, be accepted to and receive financial support from a four-year university. The program teaches participants to:

- ★ Learn good college study habits, essay writing skills, and test-taking strategies.
- ★ Obtain knowledge of prerequisite courses.
- ★ Identify appropriate four-year schools for application, financial aid assistance, letters of reference, and other strategies that enhance admission to a four-year college.
- ★ Pursue education and training opportunities in the biomedical, health, and allied health professions.



ULMSP PARTICIPANTS

A STUDENT'S STORY

ULMSP 2002 participant, Daniel Eskenazi, is now a M.D./PhD. student at The University of Washington. Daniel is the first in his family to attend college. His coursework, the hands-on experiences, networking skills, and resource identification skills that he learned from ULMSP have significantly helped him pave his path toward success.

Daniel was accepted to UCSD in the Fall of 2002 to the UCSD McNair Scholars program in 2004, and worked with Dr. Gage at the Salk Institute before being accepted to the M.D./PhD. program at The University of Washington.

Daniel's story and the stories of many ULMSP alumni are evidence of the program's effectiveness, and demonstrate how ULMSP offers an opportunity to provide quality healthcare to all members of our society.

Some ULMSP Accomplishments as of June 2007

- ★ Since 2001, ULMSP accepted 75 students from several California community colleges: San Diego City, Mesa, Miramar, Grossmont, Imperial Valley, Southwestern, Mira Costa, Palomar, and East Los Angeles.
- ★ 93% (64/69) of program participants have transferred to universities compared to the 66% national transfer rate. Transfer schools include University of California campuses (San Diego, Los Angeles, Irvine, Merced and Berkeley), California State University campuses (San Diego and San Marcos), University of San Diego, and Texas Women's University.

For more information on ULMSP, eligibility and application process, visit:

<http://meded.ucsd.edu/ulmsp/>

ARC: Conferences, Career Fairs And Workshops, Oh My!



Workshops, conferences, and career fairs are invaluable resources for students. These types of supportive events help address recruitment, training, funding and diversity issues facing California's healthcare workforce.

On September 23-24, 2006, nearly 1,000 pre-medical students attended the 4th Annual American Medical Student Association at American River College (AMSA ARC) Pre-Med Conference in Sacramento. The annual event is designed to educate and prepare California's pre-medical students for entrance into medical school. Last year's conference offered more than 45 workshops for students to select from as they mingled with college deans and other healthcare professionals.

The first annual conference began because a pre-medical student, Joubin Afshar, was unable to locate information he needed at the community college level. Consequently, he organized that conference to help other pre-medical students who were attending California's community colleges. The event was so well attended that the growing popularity sparked the need for continued annual conferences.



Each year, conference workshops present students with a range of information on anything from general medical school application advice to information on specialized disciplines and residency. Students network with their peers who have similar interests. Many guest speakers at the conferences are health professionals and knowledgeable college faculty. They help students learn how to manage school issues ranging from information about medical school curriculum to public policy and public health education and provide a supportive environment and overall leadership. This career fair offers students a chance to locate internships and future employment opportunities.

Look for these events on school calendar boards, student organization and healthcare association calendars, and on the Internet.

To read more about the AMSA ARC Pre-Med Conferences, visit:
www.amsaarc.org



**2006 AMSA ARC
PRE-MED CONFERENCE
IN SACRAMENTO**

Save the Dates!
AMSA ARC Pre-Medical Chapter Conference
October 6-7, 2007 (8a.m to 4p.m) in Sacramento

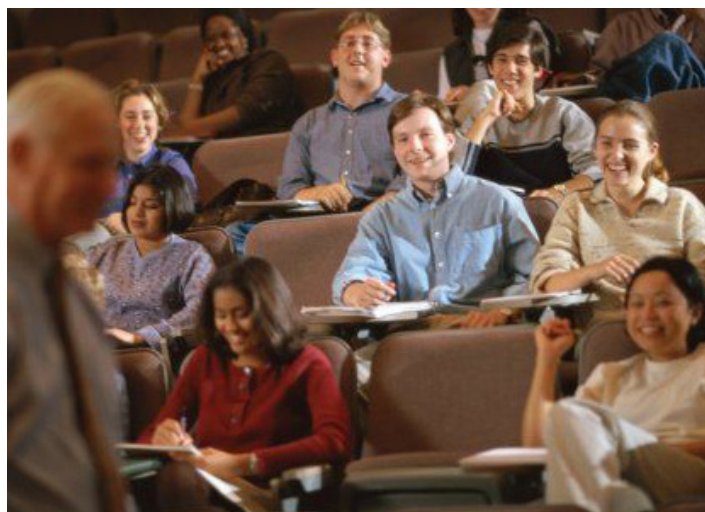
For more information on this year's conference, visit:
www.acteva.com/booking.cfm?bevaaid=135823

College Tips for Busy Students Leading Busy Lives . . .

Starting college can be a scary experience, whether you plan on living on campus or not. You are unsure where your classes are located, who to talk to for assistance, where to find resources, or if you will fit in with the other students. Not to worry. There are some basic things students should do to ease college anxieties before and after school begins.

Before School Begins

- ✓ **Tour your campus** to find out where your classes are located and where to get food. This will ensure you are not late on the first day and will be helpful when you need to grab a snack between classes.
- ✓ **Speak to a counselor** to help you understand career goals and avoid taking too many unnecessary classes that impede a timely graduation.
- ✓ **Locate authorized parking areas to prevent** parking nightmares during the first few weeks of school. Arrive early for your classes until the parking frenzy cools down. Proper planning will help you get a parking space and make it to class on time!
- ✓ **Learn who your professors will be** – the better you know their communication styles, likes and dislikes, the more understanding they will be if you miss a class, need to make up assignments or require additional academic assistance.



After School Begins

- ✓ **Use a planner** to stay on schedule and remain organized. Whether you are using a whiteboard outside of your dorm or keeping one in your bag, planners are handy to keep track of assignment due dates and other activities. Also keep your binder orderly to avoid losing important assignments.
- ✓ **Locate student clubs** on campus that suit your interests and/or school major. These clubs can be helpful when trying to adapt to a new school environment. You will meet people with similar interests, make friends and have something great to include on your resume.
- ✓ **Balance activities in your life** to make time to do homework and have fun. You will be less stressed and learn vital time management skills that will be useful throughout life.
- ✓ **Maintain enough school supplies** to remain prepared at all times should you run low.

For more tips about succeeding in college, visit: www.alumnifriends.mines.edu/fun_stuff/tips_for_success/default.htm

Health Tip: Don't Get Burned!

Too much fun in the sun can harm you. A scary statistic reports that one in five Americans will get skin cancer! It gets worse — sunburn results in blisters and could double chances of getting skin cancer. Some other effects of exposure to ultraviolet rays (UV) include eye damage, premature aging (wrinkles) and even immune system depression.

Now that we have your attention, the following tips will help protect you from the sun's rays:

- ☀️ Sun's rays are strongest from 10a.m. to 4p.m., so limit exposure to the sun between those hours. If your shadow is shorter than you are, sun rays are at their strongest!
- ☀️ If planning to be outside, use enough sunscreen that contains the ingredient that blocks UVA and UVB rays: Sun Protective Factor (SPF) should be a minimum of 15.
- ☀️ Remember to use sunscreen even when it is cloudy. Just because you cannot see the sun, does not mean it is not strong enough to burn you.
- ☀️ Ensure the sunscreen you are wearing has not expired. Most sunscreens have expiration dates. If it is past the expiration date, it is time to toss it out.
- ☀️ If planning an outdoor event, look at the sun's UV Index to see how strong the rays are going to be to ensure protection.
- ☀️ You may have thought sunglasses were only a fashion statement, but they help protect your eyes from the sun's rays. Buy a good pair and wear them!
- ☀️ Clothing is a good way to protect your skin from the sun. Try wearing a large hat if you plan to be outside for long periods. Hats are always trendy, but premature wrinkles are not!
- ☀️ Be extra cautious when around reflective surfaces such as water, sand or snow. You should still wear appropriate sunscreen to protect your skin.
- ☀️ Although it may be tempting and fashionable, avoid tanning salons. Artificial UV radiation is just as bad for your skin as sunlight. Most tanning devices have been shown to go deeper into the skin and can contribute to premature wrinkling and skin cancer.



***PROTECTING YOUR SKIN IS
ALWAYS IN STYLE!***

The Academy of Dermatology developed a survey to help measure your knowledge and attitudes about sun-safety. Go to <http://staff.aad.org/raysyourgrade/> and answer the questions. Your survey results will outline some sun-safety tips and recommendations to help you protect yourself even better.

For more information on Sun Safety, visit: the National Safety Council www.nsc.org/ehc/sunsafer.htm and the American Academy of Dermatology at: www.aad.org/aad/Newsroom/Seal+of+Recognition.htm

CONGRATULATIONS! 13 HCTP Mini-Grant Awardees

The Health Careers Training Program (HCTP) has just awarded a total of \$107,808 to 13 HCTP Mini-Grant recipients located throughout California. The HCTP Mini-Grants will help to strengthen educational and social foundations by providing direct and indirect program support for underrepresented students as they pursue a career in healthcare. Programs will focus on academic preparation and support, community service programs, health career conferences and workshops, or case management for students. For more information on this year's HCTP Mini-Grant awards, please visit:

www.oshpd.ca.gov/HWCDD/index.htm

Scholarships and Grants

Scholarships and Financial Aid for Students

www.collegeboard.com/student/pay/scholarships-and-aid/8937.html

Varian Radiation Therapy Student Scholarship Program

www.asrt.org/content/ASRTFoundation/AwardsandScholarships/Varian.aspx

National Athletic Trainers' Association Research and Education Foundation Scholarship

www.natafoundation.org/scholarship.html

Hispanic Dental Association Foundation

www.hdassoc.org/site/epage/8351_351.htm

National Association of Chain Drug Stores Foundation Scholarship

www.nacdsfoundation.org/wmspage.cfm?parm1=666

Health Occupation Students of America Scholarship

www.hosa.org/member/scholar.html

The Foundation of the National Student Nurses' Association

www.nsna.org/foundation/scholarships/deadline_passed.asp

American Dietetic Association Scholarship

www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_394_ENU_HTML.htm

Health Alliance Healthcare Center Tuition Benefit Program

www.health-alliance.com/jobs/jobs_scholarships.html#healthcareCenter

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